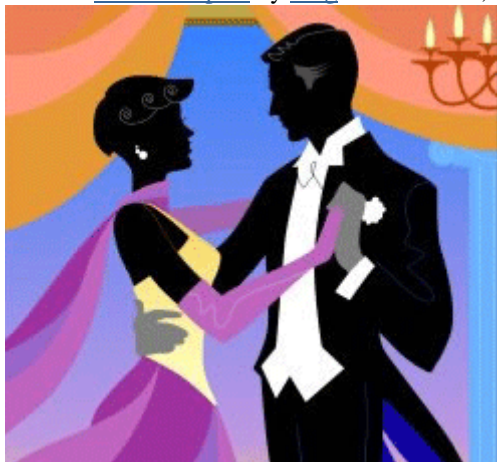


## Turns & Spins: Part 4 – Pivot Turns

Filed in [Turns & Spins](#) by [blog](#) on March 19, 2014 • [0 Comments](#)



The Pivot Turn is a traveling type of turn used in most dances.

As we discussed in “Inside Swivels” (Part 1) of this series on turns and spins, there are only two directions in which you can rotate on a standing foot – towards the outside of the foot or towards the inside of the foot.

From these two directions, you can execute five types of turns or rotations:

- 1) Inside Swivels
- 2) Outside Swivels
- 3) Spiral Turns
- 4) Pivot turns
- 5) Spin Turns

By learning these 5 types of rotating actions you will be on your way to mastering any type of turn or rotation in any pattern.

In this issue, we'll continue to concentrate on your ability to swivel on the supporting foot.

This is important, because as indicated in our prior tip on “Outside Swivels (Part 2), many problems with turns occur when the supporting foot does not turn enough. As a result, the free leg tries to complete the turn by going around the supporting leg. This causes a twisting of the hips and a

subsequent loss of alignment and balance on the supporting column.

#### **TURN EXERCISE 4 – PIVOT TURNS**

*(Print this tip so you can try this exercise as you read it).*

This exercise will allow you to practice pivoting on the supporting foot, and traveling with your turns.

Stand with your right side next to a table or kitchen counter. Put your right hand on the counter. Stand with your feet together and your weight on your left foot.

Take a step forward with your right foot, stretching your left leg and keeping your left toe touching the floor. As your right foot becomes the supporting foot, pivot a 1/2 turn to the right, keeping your left leg behind your right leg as you turn. Put your left hand on the counter.

Now you are standing with the counter on your left side, weight on the right foot and the left leg pointing backwards. Now step back on the left foot, and without dropping the left heel, pivot a 1/2 turn to the right, keeping your right leg in front of the left leg as you turn. Lower left foot heel at the end of the turn. Put your right hand on the counter.

You are now on your left foot with the right leg pointing forward and the counter on your right side. In this position, you are ready to step forward onto your right foot and repeat the exercise.

Practice this exercise several times starting with the counter on your right side and pivoting to the right. Then try the same exercise starting with the counter on your left side and pivoting to your left.

As you get more proficient, you can practice these pivot turns away from the counter. Concentrate on keeping the spine straight and both elbows on the same horizontal level. Allow your eyes to only look straight ahead at the end of each 1/2 turn, and eventually try only to look in the direction your pivots are traveling. This will stop the "dizziness" sometimes produced by looking around when you're turning (much like a Merry-Go-Around effect).

Just be patient and keep practicing! You'll quickly find that pivots are really fun to do and very exciting to watch. Plus, they can be danced in conjunction with a partner or individually.

Happy Dancing,

Blanche & Emilio